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HOT OATMEAL

YIELD: 100 Portions			EACH PORTION: $\frac{3}{4}$ Cup (6 $\frac{1}{2}$ Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Rolled Oats, quick cooking	6 lb.	2 $\frac{1}{4}$ gal.	1. Add cereal and salt to boiling water; stir to prevent lumping.
Salt.	2 oz.	3 tbsp.	2. Return to a boil; reduce heat; simmer 1 to 3 minutes stirring occasionally.
Water, boiling.	40 lb.	5 gal.	3. Turn off heat; let stand 10 minutes before serving.

NOTE: After preparation, cereal may be covered and held on serving line 30 minutes then uncovered and held on serving line an additional 30 minutes.

VARIATIONS

- HOT HOMINY GRITS:** Follow Step 1, except use 6 lb (1 gal) quick cooking hominy grits and 36 lb (4 $\frac{1}{2}$ gal) boiling water. In Step 2, simmer 5 minutes. In Step 3, let stand 5 minutes. **EACH PORTION:** $\frac{3}{4}$ Cup (6 Ounces).
- HOT FARINA:** Omit Steps 1 through 3. Add 2 oz (3 tbsp) salt to 32 lb (4 gal) hot water. Bring to a boil. Mix 6 lb (1 gal) quick cooking farina with 8 lb (1 gal) cold water; pour into boiling, salted water stirring constantly until water returns to a boil. Reduce heat. Simmer 2 to 5 minutes, stirring frequently. Turn off heat. Let stand 5 minutes before serving.

HOMINY GRITS**YIELD: 100 Portions****EACH PORTION: $\frac{2}{3}$ Cup ($5\frac{1}{2}$ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water, boiling	4 gal	1. Add salt and butter or margarine to boiling water.
Salt	1 oz	1 $\frac{1}{3}$ tbsp..	
Butter or margarine	4 oz	$\frac{1}{2}$ cup	
Hominy grits, quick cooking	4 lb 8 oz	3 qt (3-24 oz co)	2. Add grits gradually while stirring to prevent lumping. Bring to a boil; reduce heat; cover and cook 5 minutes. Stir occasionally.

- NOTE:** 1. One No. 6 scoop may be used. See Recipe No. A-4.
 2. If desired, serve with 1 pat butter or margarine for each portion.

VARIATION

1. **FRIED HOMINY GRITS:** Follow Steps 1 and 2. Pour hot cooked grits into bread pans or in 3 steam table pans; cover and refrigerate several hours or overnight. Cut cold grits lengthwise into 3 equal strips; cut each into $\frac{1}{2}$ inch thick slices. If slices are moist, dip in flour; fry on preheated well-greased griddle (400°F.) until lightly browned (about 8 minutes per side). **EACH PORTION:** 3 Slices ($3\frac{3}{4}$ by $1\frac{1}{2}$ by $\frac{1}{2}$ inches).

REVISION

BUTTERED HOMINY

YIELD: 100 Portions			EACH PORTION: $\frac{1}{3}$ Cup ($2\frac{1}{2}$ Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Hominy, whole, canned	25 lb 6 oz	$3\frac{1}{4}$ gal (14-No. $2\frac{1}{2}$ cn)	1. Drain hominy. Reserve 1 qt liquid.
Pepper, black.	2 tsp.	2. Add pepper and reserved liquid; heat slowly 20 minutes.
Butter or margarine. .	12 oz.	$1\frac{1}{2}$ cups.	3. Add butter or margarine.
Parsley, fresh, chopped	1 oz.	$\frac{1}{2}$ cup.	4. Garnish with parsley or paprika.
OR				
Paprika, ground.	$\frac{1}{2}$ oz.	2 tbsp.	

VARIATION

1. **FRIED HOMINY:** In Step 1, discard liquid. Omit Steps 2 through 4. Fry in 2 lb (1 qt) melted shortening, olive oil or salad oil until lightly browned. Season with 1 tsp black pepper. EACH PORTION: $\frac{1}{3}$ Cup ($1\frac{1}{2}$ Ounces).

BOILED PASTA

YIELD: 100 Portions (6 $\frac{1}{4}$ gallons)				EACH PORTION: 1 Cup (5 $\frac{1}{2}$ Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water.....	8 to 12 gal.	1. Add salt and salad oil to water; heat to a rolling boil.
Salt.....	2 $\frac{1}{2}$ oz..	$\frac{1}{4}$ cup....	
Salad oil.....	2 oz....	$\frac{1}{4}$ cup....	
Pasta (macaroni, egg noodles, spaghetti or vermicelli)	12 lb...	2. Slowly add macaroni, egg noodles, spaghetti or vermicelli while stirring constantly until water boils again. Cook according to times in Note 1; stir occasionally. DO NOT OVERCOOK. 3. Drain. Rinse with cold water; drain thoroughly.

- NOTE:**
1. Macaroni or egg noodles--8 to 10 minutes; spaghetti--14 to 18 minutes; vermicelli--7 to 10 minutes.
 2. If cooked pasta is to be combined with butter or a sauce immediately, rinsing is not necessary.
 3. When held on steam table, mix 1 tbsp salad oil with pasta in each steam table pan. This will prevent product from sticking together.
 4. To reheat pasta before serving, place desired quantity in a wire basket; lower into boiling water 2 to 3 minutes. Drain well. Place in greased steam table pans.

VARIATION

1. **BUTTERED PASTA :** Follow Steps 1 and 2. In Step 3, add 1 lb (2 cups) melted butter or margarine immediately after draining.

REVISION

STEAMED RICE

YIELD: 100 Portions				EACH PORTION: $\frac{3}{4}$ Cup (4 $\frac{1}{2}$ Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Rice, long grain. . . .	9 lb.	5 $\frac{1}{4}$ qt.	1. Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally. 2. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. 3. Remove from heat; transfer to shallow serving pans. Cover. Keep hot until ready to serve.
Water, cold.	22 lb. . . .	2 $\frac{3}{4}$ gal.	
Salt.	2 oz. . . .	3 tbsp.	
Salad oil.	1 $\frac{1}{2}$ oz. . .	3 tbsp.	

- NOTE:**
1. **OVEN METHOD:** Omit Steps 1 through 3; place 3 lb (1 $\frac{3}{4}$ qt) rice, 3 $\frac{2}{3}$ qt water, $\frac{2}{3}$ oz (1 tbsp) salt and $\frac{1}{2}$ oz (1 tbsp) salad oil in each steam table pan (3-12 by 20 by 4 inches); stir. Cover tightly; bake at 400°F. 40 minutes or in 350°F. convection oven 35 to 40 minutes on high fan, closed vent.
 2. In Step 1, 13 lb 8 oz medium grain rice may be used. Prepare according to instructions on container.
 3. Two No. 10 scoops may be used for each portion. See Recipe No. A-4.

VARIATIONS

1. **LYONNAISE RICE:** Follow Steps 1 and 2; remove from heat. Sauté 3 lb (2 $\frac{1}{4}$ qt) chopped dry onions (3 lb 5 oz A.P.) in 4 oz ($\frac{1}{2}$ cup) salad oil, olive oil, or melted shortening until tender. Add sautéed onions and 1 lb (2 cups) drained chopped pimientos to cooked rice. Toss well.

2. **TOSSED GREEN RICE:** Follow Steps 1 and 2; remove from heat. Sauté 1 lb 2 oz ($1\frac{1}{2}$ qt) thinly sliced green onions with tops (1 lb 5 oz A.P.) and 2 lb ($1\frac{1}{2}$ qt) fresh, chopped sweet peppers (2 lb 7 oz A.P.) in 4 oz ($\frac{1}{2}$ cup) salad oil, olive oil, or melted shortening until tender. Add to cooked rice. Add 8 oz (1 qt) fresh minced parsley ($8\frac{1}{3}$ oz A.P.) and $\frac{1}{6}$ oz (2 tsp) black pepper. Toss well.
3. **LONG GRAIN AND WILD RICE:** In Step 1, omit salt and rice; use 10 lb 2 oz ($4\frac{1}{2}$ -36 oz pg) long grain and wild rice mix and 24 lb (3 gal) water. Follow Steps 2 and 3. (NOTE: For oven method, omit Steps 1 and 2. Place 3 lb ($6\frac{3}{4}$ cups) rice mix, 6 oz ($1\frac{1}{2}$ cups) seasoning mix and $\frac{1}{2}$ oz (1 tbsp) salad oil in each steam table pan (3-12 by 20 by 4 inches.) Add 8 lb (1 gal) boiling water to each pan; stir well. Cover; bake at 350°F. 30 to 40 minutes or in 325°F. convection oven 30 minutes on high fan, closed vent.
4. **RICE WITH PARMESAN CHEESE:** Follow Steps 1 and 2; in Step 3, add 8 oz (1 cup) melted margarine or butter. Mix well to coat rice. Add 1 lb 4 oz ($1\frac{1}{4}$ qt) grated Parmesan cheese. Toss well.
5. **STEAMED BROWN RICE:** In Step 1, use 9 lb 9 oz (about $1\frac{1}{2}$ gal) parboiled brown rice, 24 lb (3 gal) water, 2 oz (3 tbsp) salt and $1\frac{1}{2}$ oz (3 tbsp) salad oil. Stir. In Step 2, simmer 25 minutes or until most of water is absorbed. Follow Step 3. NOTE: Oven Method: Omit Steps 1 through 3. Place 3 lb 3 oz ($7\frac{3}{4}$ cups) rice, 8 lb (1 gal) boiling water, $\frac{2}{3}$ oz (1 tbsp) salt and $\frac{1}{2}$ oz (1 tbsp) salad oil in each steam table pan (3-12 by 20 by 4 inches). Stir. Cover tightly; bake at 400°F. or in 350°F. convection oven 30 minutes or until most of water is absorbed on high fan, closed vent.

STEAMED RICE

(Steam Cooker Method)

YIELD: 100 Portions (2 Pans)

EACH PORTION: $\frac{3}{4}$ Cup ($4\frac{1}{2}$ Ounces)

PAN SIZE: 12 by 20 by 4-inch Steam Table Pan

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Rice, long grain....	9 lb.....	$5\frac{1}{4}$ qt....	1. Place 4 lb 8 oz ($10\frac{1}{2}$ cups) rice in each pan.
Water.....	$2\frac{1}{4}$ gal....	2. Add $4\frac{1}{2}$ qt water to each pan.
Salt.....	2 oz.....	3 tbsp....	3. Add $1\frac{1}{2}$ tbsp salt and $1\frac{1}{2}$ tbsp salad oil to each pan. Stir well to ensure rice is moistened.
Salad oil.....	$1\frac{1}{2}$ oz..	3 tbsp....	4. Place pans in preheated steam cooker. Steam 22 to 27 minutes at 5 lb PSI or 18 to 24 minutes at 15 lb PSI.

- NOTE: 1. See Guidelines For Steam Cookers, Recipe No. A-21.
 2. Two No. 10 scoops may be used. See Recipe No. A-4.

PORK FRIED RICE

(Oven Method)

YIELD: 100 Portions (3 Pans)**EACH PORTION: 3/4 Cup (6 1/2 Ounces)****PAN SIZE: 12 by 20 by 4-inch Steam Table Pan****TEMPERATURE: 350°F. Oven;
350°F. Griddle**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Rice, long grain.....	7 lb 12 oz	4 1/2 qt...	1. Place equal amounts of rice, water, salt, and salad oil in well greased pans. Stir to combine. 2. Cover tightly; cook in oven 30 to 40 minutes. Remove from oven. Uncover. Set aside for use in Step 4.
Water, boiling.....	2 1/4 gal...	
Salt.....	12/3 oz...	2 2/3 tbsp..	
Salad oil or melted shortening	1 oz.....	2 tbsp....	
Onions, dry, finely chopped	2 lb 8 oz	1 3/4 qt...	3. Combine onions, peppers and celery; sauté in shortening or salad oil about 10 minutes or until tender. 4. Add an equal quantity of sautéed vegetables to cooked rice in each pan. Mix lightly but thoroughly.
Peppers, sweet, fresh, finely chopped	1 lb 8 oz	4 1/2 cups	
Celery, fresh, finely chopped	1 lb 8 oz	4 1/2 cups	
Shortening, melted or salad oil	5 oz.....	2/3 cup	
Eggs, whole, slightly beaten	2 lb.....	3 3/4 cups (20 eggs)	5. Pour beaten eggs on lightly greased griddle. Cook until well done. DO NOT turn. Cut into strips; add an equal amount to rice mixture in each pan.

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Pork, cooked, diced in 1/2 by 1/2 inch pieces	4 lb. . . .	3 qt.	6. Add equal amounts of pork and pimientos to rice in each pan.
Pimientos, canned, drained, chopped (optional)	1 lb 5 oz	2 cups (3/4- No. 2 1/2 cn)	Mix lightly but thoroughly. 7. Bake 45 minutes.
Soy sauce.	1 1/2 cups.	8. Remove from oven; blend in 1/2 cup soy sauce per pan.

- NOTE:
1. In Step 1, 11 lb 10 oz medium grain rice may be used. Prepare according to instructions on container.
 2. In Step 2, if convection oven is used, bake at 325°F. 30 minutes on high fan, closed vent; in Step 7, 30 minutes on high fan, closed vent.
 3. In Step 3, 2 lb 12 oz dry onions A.P. will yield 2 lb 8 oz finely chopped onions. 1 lb 13 oz fresh sweet peppers A.P. will yield 1 lb 8 oz finely chopped peppers. 2 lb 1 oz fresh celery A.P. will yield 1 lb 8 oz finely chopped celery.
 4. In Step 3, 5 oz (12/3 cups) dehydrated onions and 4 oz (3 cups) dehydrated green peppers (See Recipe No. A-11) or 1 lb 8 oz (4 1/2 cups) frozen diced green peppers may be used. Thaw peppers.
 5. In Step 6, 10 oz (2 1/2 cups) canned dehydrated egg mix combined with 3 cups warm water may be used for whole eggs. See Recipe No. A-8.

(CONTINUED)

PORK FRIED RICE

(Oven Method)

6. In Step 6, 3-7 oz cn pimientos may be used.
7. In Step 6, 7 lb pork butt, thawed, may be used. Cook, covered in steam-jacketed kettle or stock pot, 3 hours or until 170°F. Remove; cool; dice in 1/2 by 1/2 inch pieces.
8. In Step 6, 4 lb canned ham, diced in 1/2 by 1/2 inch pieces may be used.
9. Two No. 10 scoops may be used. See Recipe No. A-4.

VARIATIONS

1. **PORK FRIED RICE (GRIDDLE METHOD):** Fried rice may be prepared in small batches on 350°F. griddle or tilting fry pan. Follow Steps 1 through 3. Omit Step 4; spread rice on griddle to a depth of 3/4 inch. Turn occasionally until brown, about 10 to 15 minutes. Add sautéed vegetables, pork and pimientos. Mix thoroughly; continue cooking 3 minutes. Follow Step 5; add to rice mixture. Omit Steps 6 and 7. Follow Step 8. **EACH PORTION:** 1/2 Cup.
2. **FILIPINO RICE:** Omit Steps 1 through 4. Sauté 2 lb 8 oz (13/4 qt) chopped dry onions (2 lb 12 oz A.P.) in 1 lb (2 cups) bacon fat until light yellow. Add 9 lb (51/4 qt) rice; stir until well coated. Add 23/4 gal water, 1/4 tsp dehydrated garlic, and 12/3 oz (22/3 tbsp) salt to rice mixture. Bring to a boil in steam-jacketed kettle or stock pot; cover; simmer 20 to 25 minutes. Follow Step 5. Omit pimientos in Step 6. Follow Steps 7 and 8.
3. **SHRIMP FRIED RICE:** Follow Steps 1 through 5. In Step 6, add 4 lb (3 qt) cooked, chopped shrimp (7 lb 4 oz A.P.). Follow remainder Step 6 and Steps 7 and 8.

RICE PILAF

YIELD: 100 Portions (4 Pans)				EACH PORTION: $\frac{3}{4}$ Cup (5 Ounces)	
PAN SIZE: 12 by 20 by 4-inch Steam Table Pan				TEMPERATURE: 400°F. Oven	
INGREDIENTS	WEIGHTS	MEASURES		METHOD	
Butter or margarine	6 oz.	$\frac{3}{4}$ cup.	1. Melt butter or margarine. Add salad oil or melted shortening and onions. Stir well. Sauté until onions are tender, about 5 minutes.	
Salad oil or melted shortening	6 oz.	$\frac{3}{4}$ cup.		
Onions, dry, finely chopped	6 lb.	$4\frac{3}{4}$ qt.		
Rice, long grain. ...	9 lb 8 oz. .	$5\frac{1}{2}$ qt.	2. Add rice. Cook until rice is lightly browned, about 10 minutes, stirring constantly.	
				3. Place about 3 lb 4 oz (2 qt) onion and rice mixture in each pan.	
Soup and Gravy base, chicken or beef	12 oz. ...	2 cups.	4. Add Soup and Gravy base, salt, garlic powder and pepper to water; stir well. Pour 3 qt over rice in each pan; cover. 5. Bake 1 hour or until rice is tender. Stir lightly.	
Salt.	$1\frac{1}{2}$ oz. ...	$1\frac{2}{3}$ tbsp		
Garlic powder.	$1\frac{1}{3}$ tbsp		
Pepper, black.	1 tsp.		
Water, boiling.	3 gal.		

REVISION

(OVER)

- NOTE:**
1. In Step 1, 12 oz (1 qt) dehydrated onions may be used. See Recipe No. A-11.
 2. In Step 1, 6 lb 11 oz dry onions A.P. will yield 6 lb finely chopped onions.
 3. In Steps 1 and 2, a steam-jacketed kettle, tilting fry pan, or roasting pan on top of range may be used.
 4. In Step 5, if convection oven is used, bake at 350°F. 40 to 45 minutes or until tender, on high fan, closed vent.
 5. Other sizes and types of pans may be used. See Recipe No. A-25.

VARIATION

1. **ORANGE RICE:** Follow Steps 1 through 3. In Step 4, omit salt and pepper; add 12 oz (2 cups) Soup and Gravy base, chicken, 1 $\frac{1}{3}$ -32 oz cn canned, concentrated frozen orange juice or 1 lb 5 oz (1 $\frac{1}{3}$ -No. 2 $\frac{1}{2}$ cn) canned, instant orange juice to 3 gal boiling water. Pour 3 $\frac{1}{4}$ qt over rice in each pan; cover. Follow Step 5. Rice may be garnished with thinly sliced oranges (2 oranges--1 lb A.P.) just before serving.

SPANISH RICE

E. CEREALS AND PASTA PRODUCTS No. 9(1)



REVISION

E. CEREALS AND PASTA PRODUCTS No. 9(2)

SPANISH RICE

YIELD: 100 Portions			EACH PORTION: $\frac{3}{4}$ Cup (6 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Rice, long grain.	6 lb.	3 $\frac{1}{2}$ qt.	1. Cook rice according to directions on Recipe No. E-5. Set side for use in Step 4.
Water, cold.	14 lb 8 oz	7 $\frac{1}{4}$ qt.	
Salad oil or olive oil	1 oz.	2 tbsp.	
Salt.	1 $\frac{1}{4}$ oz. ..	2 tbsp.	
Bacon, raw, chopped	1 lb 8 oz	4 $\frac{1}{2}$ cups.	2. Sauté bacon until crisp in steam-jacketed kettle or stock pot. Drain; discard drippings.
Tomatoes, canned, diced	19 lb 2 oz	2 $\frac{1}{4}$ gal (3- No. 10 cn)	3. Add tomatoes, onions, peppers, sugar, salt, thyme, black pepper, garlic powder, and bay leaves. Stir to combine; bring to boil. Cover; reduce heat; simmer 15 minutes. 4. Add rice; stir to combine; bring to boil. Cover; reduce heat; simmer 15 minutes. Remove bay leaves before serving.
Onions, dry, chopped	4 lb.	3 qt.	
Peppers, sweet, fresh, chopped	2 lb.	1 $\frac{1}{2}$ qt.	
Sugar, granulated. ...	3 $\frac{1}{2}$ oz. ...	$\frac{1}{2}$ cup.	
Salt.	1 oz.	1 $\frac{2}{3}$ tbsp	
Thyme, ground.	$\frac{1}{3}$ oz. ...	2 tbsp.	
Pepper, black.	$\frac{1}{4}$ oz. ...	1 tbsp.	
Garlic powder	$\frac{1}{4}$ oz. ...	2 $\frac{1}{2}$ tsp.	
Bay leaves.	1 $\frac{1}{71}$ oz.	4 leaves	

- NOTE:
1. In Step 1, rice may be cooked in steam cooker. See Recipe No. E-6.
 2. In Step 2, bacon may be omitted. In Step 3, increase salt to 2 oz (3 tbsp).
 3. In Step 3, 4 lb 7 oz dry onions A.P. will yield 4 lb chopped onions; 2 lb 7 oz fresh sweet peppers A.P. will yield 2 lb chopped peppers.
 4. In Step 3, 8 oz ($2\frac{2}{3}$ cups) dehydrated onions and $5\frac{1}{4}$ oz (1 qt) dehydrated green peppers (See Recipe No. A-11) or 2 lb frozen diced green peppers may be used. Thaw peppers.
 5. In Step 4, mixture may be baked covered in 4-12 by 20 by $2\frac{1}{2}$ -inch steam table pans at 350°F. 45 minutes or in 325°F. convection oven 30 minutes on high fan, closed vent.
 6. Other sizes and types of pans may be used. See Recipe No. A-25.
 7. Two No. 10 scoops may be used. See Recipe No. A-4.

RED BEANS WITH RICE

YIELD: 100 Portions

EACH PORTION: $\frac{1}{2}$ Cup Rice (3 Ounces)
 $\frac{1}{2}$ Cup Beans (4 Ounces)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Rice, long grain.	6 lb.	$3\frac{1}{2}$ qt.	1. Cook rice according to directions on Recipe No. E-5. Set aside for use in Step 6.
Water, cold.	14 lb 8 oz	$7\frac{1}{4}$ qt.	
Salad oil or olive oil	1 oz.	2 tbsp.	
Salt.	$1\frac{1}{4}$ oz. ...	2 tbsp.	
Bacon, sliced, raw, thawed, chopped	3 lb.	$2\frac{1}{4}$ qt.	2. Cook bacon until crisp; drain. Set aside 2 oz ($\frac{1}{4}$ cup) bacon fat for use in Step 3; bacon for use in Step 4.
Onions, dry, chopped	2 lb.	$1\frac{1}{2}$ qt.	3. Sauté onions in bacon fat about 1 to 2 minutes or until lightly browned. Drain thoroughly.
Beans, kidney, canned	27 lb	3 gal (4-No. 10 cn)	4. Combine sautéed bacon and onions with undrained kidney beans, peppers and garlic powder. 5. Simmer 20 minutes. 6. Serve over hot rice.
Pepper, black.	$\frac{1}{4}$ oz.	1 tbsp.	
Pepper, red, ground..	$\frac{1}{16}$ oz. ...	1 tsp.	
Garlic powder.	$1\frac{1}{3}$ oz.	$3\frac{3}{4}$ tbsp	

- NOTE: 1. OVEN METHOD: Use boiling water for cold water; place equal quantities of ingredients in 2 roasting pans (18 by 24-inches); stir, cover and bake in 350°F. oven 30 to 40 minutes or in 325°F. convection oven 30 minutes on high fan, closed vent.
2. In Step 1, rice may be cooked in steam cooker. See Recipe No. E-6.
3. In Step 3, 4 oz ($1\frac{1}{3}$ cups) dehydrated onions may be used. See Recipe No. A-11.
4. In Step 3, 2 lb 4 oz dry onions A.P. will yield 2 lb chopped onions.

VARIATION

1. HOPPING JOHN (BLACK-EYE PEAS WITH RICE): Omit Step 1. Follow Steps 2 and 3. Omit Steps 4 through 6. Add 26 lb 8 oz (4-No. 10 cn) canned black-eye peas, undrained, 3 lb 8 oz (2 qt) long grain rice, 8 lb 8 oz ($4\frac{1}{4}$ qt) water, $\frac{1}{2}$ oz (2 tbsp) black pepper, $\frac{1}{16}$ oz (1 tsp) red pepper and 2 oz ($6\frac{2}{3}$ tbsp) garlic powder. Mix well. Bring to a boil; cover tightly; reduce heat; simmer 25 minutes or until rice is tender. EACH PORTION: $\frac{2}{3}$ Cup (5 Ounces).

MEXICAN RICE

YIELD: 100 Portions (2 Pans)				EACH PORTION: $\frac{3}{4}$ Cup (5 Ounces)
PAN SIZE: 18 by 24-inch Roasting Pan				TEMPERATURE: 400 °F. Oven
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Rice, long grain.	9 lb.	5 $\frac{1}{4}$ qt.	1. Place 10 $\frac{1}{2}$ cups rice, 1 cup melted shortening or salad oil and 1 $\frac{1}{2}$ cups onions in each pan. Stir well to coat rice. 2. Place in oven; cook until lightly browned, about 25 minutes.
Shortening, melted or salad oil	1 lb.	2 cups.	
Onions, dry, chopped	1 lb.	3 cups.	
Tomatoes, canned, chopped	4 lb 12 oz	2 $\frac{1}{4}$ qt ($\frac{3}{4}$ -No. 10 cn)	3. Combine tomatoes, salt, pepper, cumin, and water. 4. Pour about 1 $\frac{1}{2}$ gal tomato mixture over rice in each pan; stir well. Cover; return to oven; bake about 1 hour or until rice is tender. 5. Stir lightly. Serve hot.
Salt.	2 oz.	3 tbsp.	
Pepper, black.	1 $\frac{2}{3}$ tbsp	
Cumin, ground.	1 oz. ...	$\frac{1}{4}$ cup.	
Water.	2 $\frac{1}{2}$ gal.	

- NOTE: 1. In Step 1, 1 lb 2 oz dry onions A.P. will yield 1 lb chopped onions.
2. In Step 1, 2 oz ($\frac{2}{3}$ cup) dehydrated onions may be used. See Recipe No. A-11.

3. Rice may be prepared on top of range. Follow Step 1. In Step 2, heat at medium heat until rice is lightly browned; stir occasionally. Follow Step 3. In Step 4, bring rice mixture to a boil; cover; reduce heat; cook until rice is light and fluffy. Follow Step 5.
4. Rice may be prepared in steam-jacketed kettle. In Step 1, place rice, shortening and onions in kettle. Heat until rice is lightly browned, stirring occasionally. Omit Step 2. Follow Step 3. Add tomato mixture; bring to boil; cover; reduce heat; cook 20 minutes at medium heat. Uncover; cook 5 minutes. Omit Step 4. Follow Step 5.
5. Other sizes and types of pans may be used. See Recipe No. A-25.
6. Two No. 10 scoops may be used for each portion. See Recipe No. A-4.

NOODLES JEFFERSON**YIELD: 100 Portions (5 Gallons)****EACH PORTION: $\frac{3}{4}$ Cup ($4\frac{1}{2}$ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water, hot.....	6 to 9 gal	1. Add salt and oil to water; heat to a rolling boil.
Salt.....	2 oz.....	3 tbsp....	
Salad oil.....	$1\frac{1}{2}$ oz...	3 tbsp....	
Noodles, egg...	9 lb.....	2. Slowly add noodles, stirring constantly, until water boils again. Cook about 15 minutes or until tender. Drain thoroughly.
Butter or margarine, melted	1 lb 4 oz	$2\frac{1}{2}$ cups	3. Add butter or margarine, salt and pepper to noodles. Stir well.
Salt.....	$\frac{2}{3}$ oz. ...	1 tbsp...	
Pepper, black.....	1 tbsp...	
Cheese, grated, Parmesan	2 lb 4 oz	$2\frac{1}{4}$ qt.	4. Add cheese; toss well. Serve immediately.

REVISION

STEAMED PASTA**YIELD: 100 Portions (4 Pans)****EACH PORTION: 1 Cup (5½ Ounces)****PAN SIZE: 12 by 20 by 4-inch Steam Table Pan**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water.....	9 gal.	1. Fill each pan with 2¼ gal water (see Note 1).
Salt.....	2½ oz. ...	¼ cup.	2. Add 1 tbsp salt and 1 tbsp salad oil to each pan.
Salad oil.....	2 oz.	¼ cup.	3. Place 3 lb pasta in each pan (see Note 1).
Pasta (macaroni, egg noodles, spaghetti or vermicelli)	12 lb	4. Place pans in preheated steam cooker. Time according to type pasta and steam cooker pressure (see Guidelines for Timing).
				5. Drain thoroughly.

- NOTE:**
1. Use perforated pan inside solid pan to facilitate draining.
 2. To prevent pastiness, pasta should be placed in pans just before steaming. Ensure pasta is covered with water.
 3. Cooked macaroni should be rinsed in cold water and drained thoroughly to prevent sticking together.
 4. If cooked pasta is to be combined with butter or a sauce immediately, rinsing is not necessary.
 5. See Guidelines for Steam Cookers, Recipe No. A-21.

GUIDELINES FOR TIMING

PASTA	TYPE OF STEAM COOKER	NUMBER OF MINUTES
Macaroni.....	5 lb PSI.....	16.....
	15 lb PSI.....	11.....
Noodles, egg.....	5 lb PSI.....	22.....
	15 lb PSI.....	17.....
Spaghetti.....	5 lb PSI.....	20.....
	15 lb PSI.....	15.....
Vermicelli.....	5 lb PSI.....	11.....
	15 lb PSI.....	4.....

SPRING GARDEN RICE

Yield 100 Portions

Pan Size Steam Jacketed Kettle

() Pans ° F.

Each Portion 3/4 CUP (6 1/2 OZ)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
171 cal	31 g	7 g	2 g	10 %	5 mg	119 mg	2 g	142 mg

Ingredients

	Weight	Measure	Issue
RICE, LONG GRAIN	7 lb	4 1/8 qt	
WATER, COLD	17 lb	8 1/2 qt	
SALT	1 1/2 oz	2 1/3 tbsps	
SQUASH, FRESH, SUMMER TYPE TRIMMED, SLICED 1/4 INCH	5 1/3 lb	5 1/4 qt	5 5/8 lb
CARROTS, FRESH PEELED, COARSELY SHREDDED	3 1/2 lb	3 1/2 qt	4 1/4 lb
WATER	4 1/8 lb	8 1/4 cup	
MILK, NONFAT, DRY	7 oz	1 2/3 cup	
YOGURT, FAT FREE	2 7/8 lb	5 1/4 cup	
CHEESE, GRATED, PARMESAN	1 3/8 lb	5 3/4 cup	
PEPPER, WHITE, GROUND	1/4 oz	3 1/2 tsp	
GARLIC POWDER	1/8 oz	1 1/2 tsp	
BROCCOLI, SPEARS, FROZEN THAWED, 1 1/2 INCH PIECES	2 3/4 lb	2 qt	

Ingredients

	Weight	Measure	Issue
MUSHROOMS, FRESH TRIMMED, SLICED	1 2/3 lb	2 3/4 qt	1 7/8 lb
PARSLEY, FRESH TRIMMED, FINELY CHOPPED	10 oz	1 1/4 qt	10 1/2 oz

Methods

- 1 Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 minutes or until most of the water is absorbed.
- 2 Remove from heat; transfer to shallow serving pans. Cover. CCP: Temperature of rice must reach 140° F. or higher.
- 3 CCP: Wash vegetables thoroughly in a clean, sanitized sink. Combine squash and carrots in steam-jacketed kettle. Stir-cook 5 to 7 minutes or until tender crisp.
- 4 Reconstitute milk.
- 5 Add milk, yogurt, parmesan cheese, pepper and garlic powder to vegetables in steam jacketed kettle. Stir well.
- 6 Add rice, broccoli, mushrooms and parsley; mix lightly until all ingredients are coated with sauce. Bring to a simmer while stirring, about 5 to 7 minutes. CCP: Temperature must reach 140° F. or higher.
- 7 Remove to serving pans. CCP: Hold at 140° F. or higher for service.

Notes

- 1 In Step 1, 7 lb 7 oz brown rice, 9 qt water and 1 1/2 oz salt may be used; follow directions on Recipe No. E00505, Steamed Brown Rice.
- 2 In Steps 1 and 2, oven method may be used; use boiling water for cold water; place 3 lb 8 oz (2 qt) rice, 4 1/4 qt water and 2/3 oz (1 tbsp) salt in each steam table pan (2-12 x 20 x 4 in); stir. Cover tightly; bake at 400° F. 40 minutes or in 350° F. convection oven 35 to 40 minutes or until most of water is absorbed on high fan, closed vent.
- 3 In Step 3, 5 lb 5 oz thawed summer squash and/or zucchini may be used.
- 4 In Step 3, fresh sliced zucchini may be used for all or part of the summer squash.
- 5 In Step 6, 7/8 oz (2 cups) dehydrated parsley may be used for fresh parsley.

SICILIAN BROWN RICE AND VEGETABLES

Yield 100 Portions

Pan Size 12 x 20 x 2 1/2 in Steam Table Pan (4) Pans ° F.

Each Portion 3/4 cup (6 1/2 oz)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
148 cal	28 g	7 g	2 g	9 %	2 mg	375 mg	2 g	133 mg

Ingredients

RICE, BROWN, PARBOILED, LONG GRAIN

Weight

5 1/2 lb

Measure

3 1/3 qt

Issue

WATER, COLD

13 1/4 lb

6 5/8 qt

SALT

1 1/4 oz

2 tbsps

JUICE, TOMATO, CANNED

9 1/4 lb

4 1/3 qt

TOMATOES, CANNED, DICED

6 3/8 lb

3 qt

ONIONS, DRY PEELED, CHOPPED

2 1/3 lb

1 3/4 qt

2 5/8 lb

TOMATO PASTE

1 1/8 lb

2 cup

SUGAR, BROWN PACKED

3 3/4 oz

1/2 cup

SALT

1 oz

1 2/3 tbsps

BASIL, SWEET, CRUSHED

2/3 oz

7 tbsps

GARLIC POWDER

3/8 oz

1 1/3 tbsps

OREGANO, CRUSHED

1/3 oz

5 tbsps

PEPPER, BLACK

1/4 oz

1 tbsps

Ingredients

	Weight		Measure		Issue	
BAY LEAVES, WHOLE					10	ea
SQUASH, FRESH, SUMMER TYPE TRIMMED, CUT 1/2 LNGWSE, 1/4 INCH SLICE	2 1/2	lb	2 1/2	qt	2 5/8	lb
SQUASH, FRESH, ZUCCHINI, RAW TRIMMED, CUT 1/2 LNGWSE, 1/4 INCH SLICE	2 1/2	lb	2 1/2	qt	2 5/8	lb
CARROTS, FRESH PEELED, COARSELY SHREDDED	1	lb	1	qt	1 1/4	lb
BROCCOLI, SPEARS, FROZEN THAWED, 1 1/2 INCH PIECES	2 2/3	lb	2	qt		
MUSHROOMS, FRESH TRIMMED, SLICED	1 1/4	lb	2	qt	1 3/8	lb
PARSLEY, FRESH TRIMMED, FINELY CHOPPED	8	oz	1	qt	8 3/8	oz
CHEESE, MOZZARELLA, PART SKIM SHREDDED	1 3/4	lb	1 3/4	qt		

Methods

- 1 Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 30 minutes or until most of the water is absorbed. CCP: Temperature must reach 140° F.
- 2 Remove from heat; transfer to shallow serving pans. CCP: Cover. Hold at 140° F. or higher for use in Step 8.

Methods

- 3 Place tomato juice, tomatoes, onions, tomato paste, brown sugar, salt, basil, garlic powder, oregano, pepper and bay leaves in steam-jacketed kettle. Stir; bring to a boil. Reduce heat; cover; simmer 20 minutes. CCP: Temperature must reach 140° F. or higher. Remove bay leaves.
- 4 CCP: Wash vegetables thoroughly in a clean, sanitized sink. Stir in rice, yellow squash, zucchini and carrots. Bring to a boil; reduce heat; simmer 3 to 5 minutes or until vegetables are tender crisp. Stir occasionally.
- 5 Stir in broccoli, mushrooms and parsley; bring to a simmer.
- 6 Place about 10 lb (1 1/4 gal) in each pan. Sprinkle 7 oz (7/8 cup) cheese over mixture in each pan. Bake at 350° F. 25 minutes or until the mixture is bubbling and cheese is melted and lightly browned. CCP: Temperature must reach 140° F. or higher.

Notes

- 1 In Steps 1 and 2, oven method may be used: Use boiling water for cold water; place 2 lb 12 oz (6 2/3 cups) rice, 3 1/8 qt boiling water and 1/2 oz (2 1/2 tsp) salt in each steam table pan (2-12 x 20 x 4 in); stir; cover tightly; bake at 400° F. 30 minutes or in 350° F. convection oven 30 minutes or until most of the water is absorbed on high fan, closed vent.
- 2 In Step 4, 2 lb 8 oz frozen summer squash and 2 lb 8 oz frozen zucchini may be used.
- 3 In Step 4, 1 lb canned, drained mushrooms may be used.

Notes

- 4 In Step 6, if convection oven is used, bake 325° F. 12-15 minutes CCP: or until internal temperature of 140° F. and mixture is bubbly and cheese is melted and lightly browned on high fan closed vent.

ISLANDER'S RICE

Yield 100 Portions

Pan Size 12 BY 20 BY 4-INCH STEAM TABLE (4) Pans 400° F.

Each Portion 3/4 Cup (5 1/2 oz)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
159 cal	34 g	5 g	1 g	4 %	0 mg	659 mg	4 g	53 mg

Ingredients

Weight

Measure

Issue

BROTH, CHICKEN STOCK

15 5/8 lb

7 1/2 qt

BEANS, KIDNEY, CANNED DRAINED

9 1/4 lb

5 7/8 qt

13 1/2 lb

RICE, LONG GRAIN

6 lb

3 1/2 qt

ONIONS, DRY PEELED, CHOPPED

2 lb

1 1/2 qt

2 1/4 lb

GARLIC POWDER

1 1/4 oz

1/4 cup

THYME, GROUND

5/8 oz

1/4 cup

ALLSPICE, GROUND

3/8 oz

1 2/3 tbsps

RED PEPPER, GROUND

1/4 oz

1 1/3 tbsps

OREGANO, CRUSHED

1/4 oz

3 tbsps

PEPPERS, SWEET, FRESH, GREEN STEMMED, SEEDED,
CORED, FINELY CHOPPED

3 7/8 lb

2 3/4 qt

4 3/4 lb

PIMIENTOS DRAINED, SLICED

1 2/3 lb

3 1/2 cup

2 3/8 lb

Methods

- 1 Prepare stock according to package directions.
- 2 Combine stock, beans, rice, onions, garlic powder, thyme, allspice, red pepper and oregano in steam-jacketed kettle or stock pot; bring to a boil. Stir occasionally.
- 3 Cover tightly; reduce heat; simmer 20 to 25 minutes or until most of the water is absorbed and rice is tender. Do not stir. CCP: Temperature of rice must reach 140° F. or higher.
- 4 Add peppers and pimientos; stir well.
- 5 Transfer to serving pans. CCP: Hold for service at 140° F. or higher.

Notes

- 1 In Step 1, to make a vegetarian rice, 7 1/2 qt vegetable stock may be used.
- 2 In Step 2, 3/4 cup (4 oz-36 cloves) minced dry garlic may be used.
- 3 For vegetarian entrée: double all ingredients; use vegetable stock. Each portion: 1 1/2 cups (11 oz).
- 4 Oven method: Use 2-12 x 20 x 4 inch steam table pans. Follow Step 1. In Step 2, place 4 lb 13 oz (3 qt) beans, 3 lb (1 3/4 qt) rice and 1 lb (3/4 qt) onions in each pan; stir well. Combine stock with garlic powder, thyme, allspice, red pepper and oregano; stir well. Bring to a boil. Pour 7 lb 10 oz (3 3/4 qt) stock mixture over rice mixture in each pan. Stir well. Omit Step 3. Cover; Bake in a 400° F. oven 30 to 40 minutes or in a 350° F. convection oven 30 minutes or until most of the water is absorbed and the rice is tender on high fan, closed vent. In Step 4, add 2 lb (1 1/2 qt) peppers and 1 lb (2 cups) pimientos to rice mixture in each pan. Stir well to mix. Follow Step 5.

MEDITERRANEAN BROWN RICE**Yield** 100 Portions**Pan Size** 18 x 26 inch sheet pan

(1) Pans 350° F.

Each Portion 3/4 Cup (5 oz)

Steam Jacketed Kettle

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
262 cal	41 g	6 g	9 g	30 %	0 mg	718 mg	3 g	53 mg

Ingredients

	Weight	Measure	Issue
ALMONDS, SHELLLED, SLIVERED BLANCHED, SLICED	1 7/8 lb	7 3/4 cup	
SALAD OIL	7 2/3 oz	1 cup	
ONIONS, DRY PEELED, CHOPPED	3 lb	2 1/4 qt	3 1/4 lb
RICE, BROWN, PARBOILED, LONG GRAIN	8 1/4 lb	1 1/4 gal	
BROTH, CHICKEN STOCK HOT	21 7/8 lb	10 1/2 qt	
RAISINS GOLDEN, SEEDLESS	1 7/8 lb	1 1/2 qt	
CINNAMON, GROUND	1/2 oz	2 tbsps	
ALLSPICE, GROUND	1/4 oz	1 1/3 tbsps	
CARDAMOM, GROUND	1/4 oz	1 1/3 tbsps	
CILANTRO, DRY	1/4 oz	1/4 cup	

Methods

- 1 Spread almonds in thin layer on sheet pan; bake 12 to 14 minutes or until lightly browned at 350° F. Remove from oven; set aside for use in Step 5.
- 2 Heat oil in steam jacketed kettle. Add onions; cook 5 minutes or until tender, stirring occasionally.
- 3 Add rice; stir well until rice is coated. Stir-cook 5 minutes or until rice is lightly browned.
- 4 Prepare stock according to package directions. Add stock, raisins, cinnamon, allspice, and cardamom to rice. Bring to a boil; stir.
- 5 Reduce heat; cover tightly; simmer 25 minutes or until most of the water is absorbed. Add almonds and cilantro; mix well. CCP: Temperature of cooked rice mixture must reach 140° F. or higher.
- 6 Remove from heat; transfer to shallow serving pans. Cover. CCP: Hold for service at 140° F. or higher.

Notes

- 1 In Step 1, if a convection oven is used, bake at 300° F. 12 to 14 minutes or until lightly browned, on high fan, open vent.
- 2 Oven method: Omit oil. Place 2 lb 12 oz (6 2/3 cups) rice, 3 1/2 qt boiling stock, 1 lb (3 cups) onions, 10 oz (2 cups) raisins, 2 tsp cinnamon, 1 1/3 tsp allspice and 1 1/3 tsp cardamom in each steam table pan (3-12 x 20 x 4 inch pans). Stir, cover tightly, bake at 400° F. 35 minutes or 350° F. convection oven 25 minutes or until most of the water is absorbed on high fan, closed vent. Fold 10 oz (2 1/2 cups) toasted almonds and 1 oz (1/2 cup) cilantro into each pan. CCP: Hold for service at 140° F.

SPICY BROWN RICE PILAF

Yield 100 Portions

Pan Size Steam Jacketed Kettle

Each Portion 3/4 Cup (5 oz)

12 x 20 x 4" Steam Table Pan

(3) Pans

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
151 cal	29 g	4 g	2 g	13 %	0 mg	361 mg	2 g	24 mg

Ingredients

Weight

Measure

Issue

BROTH, CHICKEN STOCK HOT

21 7/8 lb

10 1/2 qt

PAPRIKA, GROUND

1 1/2 oz

6 1/3 tbsps

MUSTARD FLOUR

7/8 oz

4 1/3 tbsps

PEPPER, BLACK

3/4 oz

3 tbsps

THYME, GROUND

1/2 oz

3 tbsps

SALT

1/2 oz

2 1/2 tsp

GARLIC POWDER

1/2 oz

1 2/3 tbsps

CUMIN, GROUND

3/8 oz

4 1/2 tsp

OREGANO, CRUSHED

1/4 oz

3 tbsps

BAY LEAVES, WHOLE

1/8 oz

14 ea

PEPPER, RED, CRUSHED OR CAYENNE, GROUND

1/2 tsp

RICE, BROWN, LONG GRAIN, RAW PARBOILED

7 1/2 lb

4 1/2 qt

NONSTICK COOKING SPRAY

3/8 oz

Ingredients

	Weight		Measure		Issue	
ONIONS, DRY PEELED, CHOPPED	3 1/4	lb	2 1/2	qt	3 2/3	lb
CELERY, FRESH TRIMMED, CHOPPED	2 1/2	lb	7 1/2	cup	3 3/8	lb
PEPPERS, SWEET, FRESH, GREEN STEMMED, SEEDED, CORED, CHOPPED	2 1/2	lb	7 1/2	cup	3	lb

Methods

- 1 Prepare stock according to package directions.
- 2 Add paprika, mustard flour, pepper, thyme, salt, garlic powder, cumin, oregano, bay leaves and red pepper to stock. Stir well to blend.
- 3 Add rice to stock in steam jacketed kettle or stock pot. Bring to a boil. Stir. Reduce heat. Cover tightly. Simmer 25 minutes or until most of the water is absorbed and rice is tender.
- 4 Spray steam jacketed kettle with non-stick cooking spray. CCP: Wash vegetables thoroughly in a clean, sanitized sink. Add onions, celery and peppers. Stir; Cook 10-12 minutes or until vegetables are tender crisp. CCP: Hold at 140° F. or higher for use in Step 5.
- 5 Place approximately 8 lb 8 oz (1 gallon) rice in each pan. Add 2 lb 8 oz (5 1/3 cups) vegetables to each pan. Mix well. CCP: Hold for service at 140° F. or higher.

Notes

- 1 Oven Method: Follow Steps 1 and 2. Bring stock to a boil. Place 2 lb 8 oz (1 1/2 quarts) rice, 3 1/2 quarts stock, in each steam table pan (3-12 x 20 x 4 inches); stir. Cover tightly; bake at 400° F. 30 minutes or in 350° F. convection oven 30 minutes or until most of the water is absorbed on high fan, closed vent. Follow Steps 4 and 5.

BROWN RICE WITH TOMATOES**Yield** 100 Portions**Pan Size** Steam Jacketed Kettle

() Pans ° F.

Each Portion 3/4 Cup (6 1/4 oz)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
151 cal	32 g	4 g	1 g	6 %	0 mg	100 mg	1 g	39 mg

Ingredients

	Weight	Measure	Issue
BROTH, VEGETABLE BEEF OR CHICKEN	15 5/8 lb	7 1/2 qt	
TOMATOES, CANNED, DICED	12 3/4 lb	1 1/2 gal	
RICE, BROWN, LONG GRAIN, RAW PARBOILED	7 7/8 lb	4 3/4 qt	
ONIONS, DRY PEELED, CHOPPED	6 lb	4 1/2 qt	6 2/3 lb
GARLIC POWDER	2 3/8 oz	1/2 cup	
PEPPER, BLACK	1/2 oz	2 tbsp	

Methods

- 1 Prepare vegetable (beef or chicken) stock according to package directions in steam jacketed kettle or stock pot.
- 2 Add tomatoes, brown rice, onions, garlic powder and pepper. Stir well; bring to a rolling boil, stirring occasionally. Reduce heat. Cover. Simmer 35 minutes or until most of the stock is absorbed and rice is tender. Do not stir.

Methods

- 3 Stir to redistribute onions and tomatoes. Transfer to serving pans. CCP: Hold for service at 140° F. or higher.

Notes

- 1 In Step 2, 12 oz (3 2/3 cups) dehydrated onions may be used.

BROWN RICE WITH TOMATOES (OVEN METHOD)

Yield 100 Portions **Pan Size** Steam Jacketed Kettle () Pans ° F.
Each Portion 3/4 Cup (6 1/4 oz)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
151 cal	32 g	4 g	1 g	6 %	0 mg	100 mg	1 g	39 mg

Ingredients

	Weight	Measure	Issue
TOMATOES, CANNED, DICED	12 3/4 lb	1 1/2 gal	
RICE, BROWN, LONG GRAIN, RAW PARBOILED	7 7/8 lb	4 3/4 qt	
ONIONS, DRY PEELED, CHOPPED	6 lb	4 1/2 qt	6 2/3 lb
GARLIC POWDER	2 3/8 oz	1/2 cup	
PEPPER, BLACK	1/2 oz	2 tbsp	
BROTH, VEGETABLE BEEF OR CHICKEN	15 5/8 lb	7 1/2 qt	

Methods

- 1 Place 6 lb 6 oz (3 qt-1 No. 10 Cn) tomatoes, 3 lb 15 oz (9 1/2 cups) brown rice, 3 lb (2 1/4 qt) onions, 1 1/5 oz (1/4 cup) garlic powder and 1/4 oz (1 tbsp) pepper in each pan.
- 2 Prepare vegetable (beef or chicken) stock according to package directions. Add 7 lb 13 oz (3 3/4 qt) stock to rice mixture in each pan. Stir evenly to distribute ingredients.
- 3 Cover tightly; bake 55 minutes to 1 hour or until most of the stock is absorbed and rice is tender.

Methods

- 4 Stir to redistribute onions and tomatoes. Transfer to serving pans. CCP: Hold for service at 140° F. or higher.

Notes

- 1 In Step 2, 12 oz (3 2/3 cups) dehydrated onions may be used.
- 2 In Step 3, if a convection oven is used, bake at 350° F. 45 to 50 minutes or until most of the stock is absorbed and rice is tender on high fan, closed vent.

GINGER RICE

Yield 100 Portions

Pan Size 12 x 20 x 4 inch Steam Table Pan

(3) Pans 350° F.

Each Portion 3/4 Cup (5 1/2 oz)

Griddle

325° F.

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
169 cal	35 g	5 g	0 g	2 %	0 mg	470 mg	1 g	23 mg

Ingredients

Weight

Measure

Issue

RICE, LONG GRAIN

9 lb

5 1/4 qt

WATER BOILING

18 lb

2 1/4 gal

NONSTICK COOKING SPRAY

1/4 oz

EGG SUBSTITUTE REDUCED CHOLESTEROL, THAWED

3 1/2 lb

6 7/8 cup

SOY SAUCE

2 1/8 lb

3 1/3 cup

SUGAR, GRANULATED

1 3/4 oz

1/4 cup

GARLIC POWDER

1/2 oz

4 1/2 tsp

GINGER, GROUND

1/4 oz

4 1/2 tsp

PEPPER, WHITE, GROUND

1/4 oz

3 tsp

PEPPERS, SWEET, FRESH, RED STEMMED, SEEDED, CORED,
DICED, 1/4 INCH

1 lb

3 cup

1 1/4 lb

CARROTS, SLICES, FROZEN

1 lb

3 3/4 cup

ONIONS, GREEN WITH TOPS, SLICED 1/4 INCH

1 lb

5 1/3 cup

1 1/4 lb

Methods

- 1 Place 3 lb (1 3/4 qt) rice and 3 qt water in each lightly sprayed pan; stir.
- 2 Cover tightly; bake 30 to 40 minutes or until water is absorbed and rice is tender.
- 3 CCP: Thaw egg substitute under constant refrigeration at 41° F. or lower. Pour egg substitute on lightly sprayed griddle. Cook 1 1/2 minutes or until set. CCP: Temperature should reach 145° F. or higher. Do not turn. Cut into 4-inch strips to facilitate removal. Remove immediately. Cut into 1/2 inch squares. CCP: Hold at 140° F. or higher for use in Step 5.
- 4 Combine soy sauce, sugar, garlic powder, white pepper and ginger. Stir well to dissolve sugar.
- 5 Add 14 oz (2 1/3 cups) egg strips, 12 oz (1 1/2 cups) soy mixture, 5 oz (1 cup) red peppers and 5 oz (1 1/4 cups) carrots to rice in each pan. Mix lightly but thoroughly.
- 6 Cover. CCP: Bake 25 minutes or until mixture reaches 140° F. or higher.
- 7 Add 5 oz (1 3/4 cups) chopped green onions to rice in each pan. Mix lightly but thoroughly. CCP: Hold for service at 140° F. or higher.

Notes

- 1 In Step 2, if convection oven is used, bake at 325° F. 30 minutes on high fan, closed vent; in Step 6, bake 15 minutes on high fan, closed vent.
- 2 In Step 4, 1 lb diced fresh carrots (1 lb 4 oz A.P.) may be used.

SOUTHWESTERN RICE

Yield 100 Portions

Pan Size Steam Jacketed Kettle

() Pans 350° F.

Each Portion 3/4 Cup

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
138 cal	25 g	5 g	2 g	15 %	5 mg	89 mg	1 g	79 mg

Ingredients

Weight	Measure	Issue
6 lb	3 1/2 qt	
12 lb	1 1/2 gal	
1 oz		
2 oz		
1 lb	2 cup	1 1/8 lb
2 oz	1/2 cup	
1/2 lb	1 1/4 cup	5/8 lb
2 lb	5 1/2 cup	2 3/4 lb
1/2 oz	1/2 cup	
1 lb	3 cup	
3/4 oz	3 tbsps	
1 oz	1/4 cup	
4 oz	1/2 cup	

RICE, LONG GRAIN WHITE

WATER

SALT

NONSTICK COOKING SPRAY

ONIONS, DRY PEELED, CHOPPED

GARLIC POWDER

PEPPERS, SWEET, FRESH, GREEN RAW, CHOPPED

TOMATOES, CANNED, DICED, DRAINED

PARSLEY FLAKES, DEHYDRATED

CORN, FROZEN, WHOLE KERNEL

PEPPER, BLACK

CHILI POWDER

WORCESTERSHIRE SAUCE

Ingredients

CHEESE, MONTEREY JACK REDUCED FAT

Weight

2 lb

Measure

8 cup

Issue**Methods**

- 1 Combine rice, water, and salt. Bring to a boil. Cover tightly, and simmer 20-30 minutes.
- 2 CCP: Thoroughly wash vegetables in clean sanitized sink. Saute onions, garlic and peppers in vegetable spray in a steam jacketed kettle. Add tomatoes, parsley and corn. Season with pepper, chili powder, and Worcestershire sauce. Fold in cooked drained rice and thoroughly blend.
- 3 Divide rice in servings pans, sprinkle with cheese. Bake in 350° F. oven for 20 minutes. CCP: Hold at 140° F. or higher for serving.

PASTA PROVINCIAL

Yield 100 Portions

Pan Size

() Pans ° F.

Each Portion 1 Cup

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
106 cal	16 g	5 g	1 g	8 %	3 mg	396 mg	1 g	48 mg

Ingredients

HAM, CANNED, COOKED, PULLMAN

ONIONS, DRY PEELED, CHOPPED

CARROTS, FRESH CHOPPED

CELERY, FRESH CHOPPED

BASIL, SWEET, CRUSHED

OREGANO, CRUSHED

THYME LEAVES, DRIED

SALT

PEPPER, RED, CRUSHED

PEPPER, BLACK

GARLIC POWDER

BROTH, CHICKEN STOCK

CORNSTARCH

Weight

Measure

Issue

1 lb

3 cup

2 lb

3 cup

2 1/4 lb

2 lb

6 cup

2 7/8 lb

1 lb

3 cup

1 1/4 lb

1/8 oz

2 tbsps

1/3 oz

4 tbsps

1/4 oz

2 tbsps

1 1/3 oz

2 tbsps

1/3 oz

1 tbsps

1/4 oz

1 tbsps

5/8 oz

3 tbsps

2 qt

2 1/3 oz

1/2 cup

Ingredients

	Weight	Measure	Issue
WATER	1/2 lb	1 cup	
PASTA, ROTINI	10 lb		
SPINACH, FROZEN THAWED, TEMPERED	4 lb	8 cup	
TOMATOES, CANNED, DICED DRAINED	4 lb	8 cup	6 lb
BEANS, GREAT NORTHERN DRAINED	5 lb	11 1/4 cup	6 3/4 lb
PARSLEY FLAKES, DEHYDRATED	3/4 oz	1 cup	

Methods

- 1 Saute ham in a large sauce pan. CCP: Temperature must reach 155° F. or higher.
- 2 CCP: Wash vegetables thoroughly in a clean sanitized sink. Add onions and saute with ham. Add carrots and celery. Saute until heated through.
- 3 Add basil, oregano, thyme, salt, red pepper, black pepper, garlic powder, and chicken broth. Bring to a simmer. CCP: Temperature of cooked mixture must reach 140° F. or higher.
- 4 Prepare a slurry with cornstarch and water. Add to sauce. Bring to a simmer. Cook 10 minutes.
- 5 Heat a large kettle of boiling water. Add pasta and cook until tender, but firm to the tooth. Drain.

Methods

- 6 Pour sauce over pasta. Add spinach, drained tomatoes, drained beans and parsley. Toss together to combine thoroughly. CCP: Temperature must reach 140° F. or higher. CCP: Hold for service at 140° F. or higher.